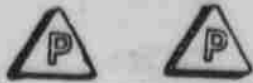


## INDIGESTION, GAS, UPSET STOMACH

HURRY! JUST EAT ONE TABLET OF PAPE'S DIAPEPSIN FOR INSTANT RELIEF.

No waiting! When meals don't sit and you belch gas, acids and undigested food. When you feel indigestion pain, lumps of distress in stomach, heartburn or headache. Here is instant relief.



Just as soon as you eat a tablet of Pape's Diapepsin all the dyspepsia, indigestion and stomach distress ends. These pleasant, harmless tablets of Pape's Diapepsin always make sick and upset stomachs feel fine at once and they cost so little at drug stores.—Adv.

They Clean Up Just the Same.

"I shouldn't say a word about our army, I know," said Mrs. Muffin, "but really, they must be sadly in need of a good, competent housekeeper at those camps—it's something scandalous the way the papers tell about them dining in a mess all the time."—People's Home Journal.

Smile on wash day. That's when you use Red Cross Bag Blue. Clothes whiter than snow. All grocers. Adv.

Flying Safer.

Flying is becoming rapidly more safe, veteran instructors at the British-American airforce in England tell their pupils. The proportion of casualties during training in the air force is now no higher, they say, than in any other branch of combatant service.

## Get New Kidneys!

The kidneys are the most overworked organs of the human body, and when they fail in their work of filtering out and throwing off the poisons developed in the system, things begin to happen.

One of the first warnings is pain or stiffness in the lower part of the back; highly colored urine; loss of appetite; indigestion; irritation, or even stone in the bladder. These symptoms indicate a condition that may lead to that dreaded and fatal malady, Bright's disease, for which there is said to be no cure.

Do not delay a minute. At the first indication of trouble in the kidney, liver, bladder or urinary organs start taking Gold Medal Haarlem Oil Capsules, and save yourself before it is too late. Instant treatment is necessary in kidney and bladder troubles. A delay is often fatal.

You can almost certainly find immediate relief in Gold Medal Haarlem Oil Capsules. For more than 200 years this famous preparation has been an unfailing remedy for all kidney, bladder and urinary troubles.

It is the pure, original Haarlem Oil your great-grandmother used. About two capsules each day, will keep you toned up and feeling fine. Get it at any drug store, and if it does not give you almost immediate relief, your money will be refunded. Be sure you get the GOLD MEDAL brand. None other genuine. In boxes, three sizes.—Adv.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it

Bears the Signature of *W. H. Fitch* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Course it is.

"Well, it's a low trick, anyhow," said hubbie.

"What, my dear?" asked his wife anxiously.

"The way they are raising prices."

A Proof.

"They say his intelligence and mental grasp are something wonderful."

"I should say so. Why, he filled out his questionnaire all by himself."

"Cold in the Head"

is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the system, cleanse the blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh.

HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. All druggists sell. Testimonials free. \$100.00 for any case of catarrh that HALL'S CATARRH MEDICINE will not cure.

W. J. Cheney & Co., Toledo, Ohio.

Central Power Plants.

In Great Britain plans are under way for vast central station power plants to get more efficient use of coal.

World's Corn Supply.

The United States is responsible for more than 70 per cent of the world's supply of corn.

Keep clean inside as well as outside by taking a gentle laxative at least once a week, such as Doctor Pierce's Pleasant Pellets. Adv.

A wagonload of wine contributed by King George V to the Red Cross sold at auction for \$8,500.

New York will compile a history of all its soldiers who fall in war.

## HOURS FOR SLEEP

Bed Should Surely Claim One-Third of Person's Life.

Not Much Difference as to What Particular Portion of the Night is Devoted to Slumber, but Grab Off Enough.

Whoever it was who discovered sleep decided that at least one-third of a person's life was properly spent in bed, and therefore, when the crowd stops up until midnight, it is healthy and wise to remain under cover, or anyway on the pillows, until eight o'clock. The dancer or card-player (certainly we mean bridge and other perfectly proper games), lingering for the last one-step or the final hand, until one o'clock, should not be disturbed until nine. And so on, according to the accepted plan of health and happiness. But taking the other side of the argument—or rather, reversing the program—let the average person retire at ten o'clock and rise at six.

Probably a whole lot of people will grumble at the schedule suggested, and we don't pretend to say that it must be done. We haven't been appointed sleep director yet, nor yet given the right to wake people up at a certain hour. A great deal has been done, however, in the last year that tends to a more reasonable sleeping and waking scheme. Through the winter and early spring two nights each week were allowed limited lighting only. This was calculated to send the people home earlier than usual, and served to keep some folks at home after dinner or supper, according to the designation of the evening meal. A great amount of fuel was saved, according to report, and up to date no damage has been reported to business, society or individuals.

The stores are closing early and the tendency seems to be for an early retirement generally. In Miami they are trying out a curfew—but it isn't a real curfew. It only refers to young folks under a certain age, and it won't amount to a great deal. The English understand that sauce should be provided of suitable strength for both the gander and the goose, and in England the curfew law closes all places of amusement and all business enterprises at a certain reasonable time. Parents are expected to take care of their young daughters and sons and themselves. The theaters and concert halls, restaurants and dance halls and recreation enterprises generally plan their programs to begin early and end in time for their patrons to get home considerably before midnight. There is no penalty for rising early in London or elsewhere, and the population, now very generally retiring about ten o'clock, is likely 90 per cent up at 6 a. m. A very large per cent is certainly up at five o'clock and many at four, and some earlier.

The eight hours mentioned is not a rigid rule of health or really beneficial to everybody. That it is enough for 90 per cent of the population of this country is certain, and thousands and thousands can live happily, beautifully and profitably with a smaller average of sleep. A few really need more than eight hours. Thomas A. Edison has been quoted as saying that four hours' sleep was sufficient—for him. Perhaps he said it, and possibly that is enough for some men at some period of their lives. The great big majority need more than four hours, and also can do very well with eight. It is then evident that by going to bed as early as ten o'clock and rising at six the worker will have a whole lot of morning time—the best always for work or pleasure or both.

Javanese Orchids.

There is a very interesting orchid in Java, the grammatophyllum, all the flowers of which open at once, and they also all wither together.

Animals Die on Substitutes.

Animals in the zoo in Berlin have died in large numbers recently, principally because the substitutes which they have been given instead of their accustomed food could not be digested sufficiently to sustain life. Among the species in which the mortality has been greatest are the giraffes, mandrills and chimpanzees. The health of the surviving animals is not good.

According to Hamlyn's Menagerie magazine, published in London, the Berlin Zoological society declared that while dates and bananas and other tropical fruits were unobtainable, the apes were fed on a kind of blacuit made of musty flour.

The carnivora manage to live on scraps from the slaughter houses, but the animals requiring grain and seeds are not thriving well on the wild roots given them as substitutes.

Rolling a Plane.

To "roll" an airplane is to turn it over sideways while flying. The pilot continues rolling until the machine is flying level again. The stunt is practically a sideways loop.

## LOOK AT CHILD'S TONGUE IF SICK, CROSS, FEVERISH

HURRY, MOTHER! REMOVE POISONS FROM LITTLE STOMACH, LIVER, BOWELS.

GIVE CALIFORNIA SYRUP OF FIGS AT ONCE IF BILIOUS OR CONSTIPATED.



Look at the tongue, mother! If coated, it is a sure sign that your little one's stomach, liver and bowels need a gentle, thorough cleansing at once.

When peevish, cross, listless, pale, doesn't sleep, doesn't eat or act naturally, or is feverish, stomach sour, breath bad; has stomach-ache, sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of the little bowels without griping, and you have a well, playful child again.

You needn't coax sick children to take this harmless "fruit laxative;" they love its delicious taste, and it always makes them feel splendid. Ask your druggist for a bottle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown-ups plainly on the bottle. Beware of counterfeits sold here. To be sure you get the genuine, ask to see that it is made by the "California Fig Syrup Company." Refuse any other kind with contempt.—Adv.

She Took the Job Herself.

"We've let the maid go."  
"That so?"  
"Yes. She finally insisted on wages that were so high that I simply couldn't resist taking the job myself, and collecting the money."

Soothe Baby Rashes

That itchy and burn with hot baths of Cuticura Soap followed by gentle anointings of Cuticura Ointment. Nothing better. For free samples address, "Cuticura, Dept. X, Boston." Sold by druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Desperate Appeal.

"Look here, friend," exclaimed the square-jawed man to the head waiter, "can't you send somebody over to this table who has been a baseball pitcher?"

"A pitcher, sir?"  
"Yes. I have been here for three-quarters of an hour waiting for somebody to put something across this plate."

## It's Acid-Stomach That Makes Millions Sick and Suffer

Life is dark—not worth much to the man or woman with an acid-stomach. Acid-stomach kills Hope, Ambition, Energy, Courage. It saps the strength of the strongest body—impoverishes the blood—causes untold suffering—makes millions weak, sad and brings on premature old age.

You know what acid-stomach does to teeth and gums—how the acid literally eats through the hard enamel, causing the teeth to decay. Just imagine, then, what havoc an acid stomach must do to the delicate organization of the stomach.

Millions of people are weak and under-suffering all the time, in one way or another, from superacidity or acid-stomach. They don't seem dangerously sick. Just sitting, going through life weak, listless, dragging one foot after another. They're nervous and irritable; lack power and punch, frequently have severe attacks of indigestion, spitting headache; subject to fits of melancholia and mental depression. And nearly always their stomachs are out of order, even though many experience no actual stomach pain.

—Digestion poor—never getting anywhere near the full strength from their food. So, you see, it's just this—acid-stomach—that is holding so many people back—sapping up the strength they should get from their food—taking away their vigor and vitality—leaving them weak and inefficient.

Get rid of the excess acid. That's the secret of good health and is the only way to obtain good digestion and assimilation. It is the right way to be well and keep strong. Ordinary laxatives won't do any lasting good. The best they can do is to stir up your appetite. When the stimulating efforts wear off, you are worse off than ever.

A modern remedy makes it possible to remove excess acid without the slightest discomfort. It is called RAYONIC, in the form of pleasant tasting tablets. Their action in the stomach is a good deal like a piece of blotting paper taking up a drop of ink—they literally absorb the injurious excess acid and carry it away through the intestines.

Begin using RAYONIC right now—to-day—and get on the road to bounding, vigorous, vibrant health. Thousands upon thousands of people who have used RAYONIC are enthusiastic in its praise. They say they never dreamed that anything could bring them such quick relief. RAYONIC is absolutely guaranteed as getting a big 50c box from your druggist. If it does not help you your money will be refunded. If your druggist does not keep RAYONIC, send your name and address to the Rayonic Remedy Company, 1018 N. Wabash Ave., Chicago, Ill., and they will at once mail you a 50c box and you can send them the money for it after you receive it.

## Carter's Little Liver Pills

You Cannot be  
Constipated  
and Happy



A Remedy That  
Makes Life  
Worth Living

Genuine bears signature

*W. D. Wood*

ABSENCE of Iron in the  
Blood is the reason for  
many colorless faces but

CARTER'S IRON PILLS  
will greatly help most pale-faced people



## WORMS

"Worms," that's what's the matter of 'em. Stomach and intestinal worms. Nearly as bad as diphtheria. Cost you too much to feed 'em. Look bad—sore bad. Don't physic 'em to death. Spohn's Compound will remove the worms, improve the appetite, and tone 'em up all round and don't physic 'em. Acts on glands and blood. Full directions with each bottle, and sold by all druggists.

SPOHN MEDICAL CO., Goshen, Ind., U. S. A.

Yanks Will Reforest England.

One of the great tasks of reconstruction in Great Britain will be forestry, according to American foresters who have been at work in lumber camps in England and Scotland for the past year. The Americans are assisted by young women, who use heavy two-handed saws and who clear away all the underbrush.

Red Cross Bag Blue, much better, goes farther than liquid blue. Get from any grocer. Adv.

Used Bleached Wood Pulp.

In 1872 Professor Mitscherlich, a Swede, first produced paper from bleached wood pulp on a commercial scale.

Investigators recently found extensive undeveloped coal fields in Serbia.

Thirty-nine cities have 7-cent street car fare, Boston being the largest, and 83 have 6-cent fare.

Miners in Indiana averaged almost \$1,000 in wages for the year 1917.

## ASTHMADOR

GUARANTEED  
TO INSTANTLY RELIEVE  
ASTHMA  
OR MONEY REFUNDED—ASK ANY DRUGGIST



W. N. U., DENVER, NO. 44-1918.

## Middle Aged Women

Are Here Told the Best Remedy  
for Their Troubles.

Freemont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GORDON, 925 Napoleon St., Fremont, Ohio.

North Haven, Conn.—"Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms."—Mrs. FLORENCE LELLA, Box 197, North Haven, Conn.

In Such Cases

## LYDIA E. PINKHAM'S VEGETABLE COMPOUND

has the greatest record for the greatest good

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

